Feeling Drained? Two-Week Energy and Mood Log

FitInFlow.space · For information only, not medical advice. Based on MedlinePlus, NIMH and SAMHSA guidance. Updated October 2026.

Get help now

Thoughts of suicide or self-harm, or feeling unsafe: call or text **988** (US) or chat at 988lifeline.org. In immediate danger, call **911**.

Help with alcohol, smoking or other substances: SAMHSA National Helpline **1-800-662-4357** (free, confidential, 24/7).

Your 14-day log (rate energy and mood from 1 = very low to 5 = great)

Day	Date	Hours slept	Energy 1-5	Mood 1-5	Alcohol / caffeine	Notes (stress, exercise, meals)
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						

See a doctor if

[ ] Tiredness has lasted several weeks and is not improving [ ] Low mood or loss of interest most days for 2 weeks or more

[ ] Rest does not help, or tiredness limits daily life [ ] Aches, headaches or stomach problems with no clear cause

[ ] Fear of being watched or influenced is growing, or you are sleeping much less and pulling away from people

Questions to ask your doctor

Could a blood test check for anemia, thyroid problems or diabetes? Could my sleep be the problem (for example, sleep apnea)?

Could any of my medicines cause tiredness? Could this be depression or anxiety, and what support is available?

Astral parasites are a belief, not a medical condition. This log contains no rituals, remedies or doses. Bring it to your appointment.